



**ST. XAVIER'S COLLEGE – MUMBAI**  
**(Est. 1869)**

**(An Autonomous College affiliated with the University of Mumbai)**

**Syllabus for Postgraduate Programme as per**  
**National Education Policy (NEP-2020)**

**Programme: MA**  
**in Psychology: Lifespan Counselling**

**The academic year 2023–2024**



PRINCIPAL  
ST. XAVIER'S COLLEGE  
AUTONOMOUS  
MUMBAI - 400 001.

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**Preamble:**

The National Education Policy 2020 (NEP 2020), as put forth by the Ministry of Human Resource Development (MHRD), is anchored in a set of fundamental principles.

These principles serve as the guiding tenets of the education system and encompass the following key elements:

NEP 2020 advocates for a student-centric approach to education, offering a broad spectrum of courses with emphasis placed on outcome-based learning, ensuring a well-rounded education.

Half of the coursework is designed for conceptual and theoretical understanding, with the other half dedicated to practical application through student engagement in activities, apprenticeships, and internships. Pedagogical methods prioritize problem-centered and project-based learning and activities.

NEP 2020 promotes the integration of technology into teaching, learning, and evaluation processes. It also highlights the need to strengthen research pedagogy within each discipline. The policy emphasizes the integration of skilling and employability initiatives into the curriculum and teaching-learning processes. This integration helps to prepare students for real-world employment opportunities.

NEP 2020 supports flexibility within academic programs, allowing students to exit after every year. Credit transfer mechanisms and the accumulation of credits in the Academic Bank of Credits (ABC) provide learners with options to tailor their educational journey according to their needs and aspirations. The overarching goal of NEP 2020 is to achieve equality in education. To do so, it recognizes equity as a process that fosters inclusivity and ensures that all students feel a sense of belonging in the educational system.

**The framework of the choice-based credit system**

**Major Subject:** It is the primary area of specialization that a student chooses to focus on during their postgraduate studies. It forms the core of their curriculum, allowing them to delve deeply into a specific field of knowledge and build expertise in that particular subject area.

**Elective Course:** Students can choose to study from a list of available options, often as part of their PG degree requirements. These courses provide students with the flexibility to select topics that cater to their interests, academic objectives, and career goals.

**Research Methodology:** In research methodology, students will explore advanced techniques and approaches for conducting rigorous academic research. This comprehensive study will equip them with the skills and knowledge needed to design, implement, and analyze research studies in their respective fields of study.

**On-Job Training (OJT)/Internship/Field Project (FP)/Research Project (RP)/Dissertation:** These are essential components of experiential learning in higher education. These hands-on



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experiences provide students with practical exposure, allowing them to apply theoretical knowledge in real-world contexts, thereby fostering skill development and deepening their understanding of their chosen fields.

**Credit Framework**

\*MA Psychology: Lifespan Counselling degree requires having completion of all 4 semesters of the two-year course, covering different stages of the lifespan

Psy PGPCredit Structure for 2023-24								
Level	Sem	Major		RM	OJT, FP	RP	Cum Cr/Sem	Degree/Cum Cr
		Mandatory	Elective					
6 (2023-24)	Sem 1	14	4	4	0	0	22	PG Diploma after TY
	Sem 2	12	4	0	6	0	22	
	Cum Cr	26	8	4	6	0	44	
6.5 (2024-)	Sem 3	10	4	0	4	4	22	PG Degree after TY or after FYUG
	Sem 4	10	4	0	2	6	22	
	Cum Cr	20	8	0	6	10	44	
<b>88 credits (2 years) after TY or 44 credits (1 year) after FYUGP</b>								



**Programme Outcomes aligned to the Vision and Mission of St. Xavier's College (Autonomous), Mumbai (Master's degree programme)**

The completion of a two-year post-graduation program at St. Xavier's College equips students with a range of valuable skills and competencies.

1. **Disciplinary knowledge and Core competencies/skills:**
  - Gain a deep understanding of the subject-related curriculum.
  - Demonstrate advanced skills and knowledge in their academic field of study.
2. **Critical and Creative thinking:**
  - Reflect critically on acquired knowledge and skills within their core competencies.
  - Generate creative and resourceful ideas to explore new possibilities.
3. **Problem-solving and Analytical reasoning:**
  - Identify, investigate, and analyze problems effectively.
  - Collect and interpret relevant qualitative or quantitative data.
  - Formulate evidence-based solutions based on their analysis.
4. **Research-related skills:**
  - Apply research acumen and skills in identifying research issues.
  - Design research studies and interpret the results.
  - Communicate the findings of their studies effectively and accurately.
5. **Social Application of Research and Development:**
  - Utilize their core competencies and skills to improve social and environmental conditions.
6. **Industry-related skills:**
  - Acquire skills and techniques relevant to their chosen industry.
  - Demonstrate maturity and professional ethics in managing responsibilities.
7. **Ethical and Moral Integrity:**
  - Practice values such as honesty, transparency, and accountability.
  - Commit to interpersonal and social ethics.
8. **Collaboration, Teamwork, and Multidisciplinary competence:**



- Apply their knowledge and mentoring skills in individual, team, or leadership roles.
- Manage ventures in monodisciplinary, interdisciplinary, or multidisciplinary settings.

9. Leadership and Management:

- Demonstrate effective strategic planning skills.
- Exhibit efficient organizational and transformational leadership abilities.

10. Social Concern:

- Show empathy and care for marginalized and disadvantaged individuals.
- Display respect, compassion, and concern for others.

11. Social and Environmental Well-being:

- Investigate and design strategies to enhance the well-being of society and the environment.

12. Self-motivation and Lifelong learning:

- Cultivate a passion for continuous personal and professional growth.

These outcomes reflect the holistic approach taken by St. Xavier's College to develop well-rounded individuals who are equipped to contribute positively to society, exhibit strong leadership qualities, and adapt to the demands of a dynamic world.

**Abbreviations:**

- OJT: On-job training
- RP: Research Project
- FP: Field Project

**List of Courses offered from Semesters I-IV in Psychology:Lifespan Counselling (Refer to the credit structure for your faculty**

Level	Semester	Major Course titles	Elective Course titles	OJT	RP	FP
6.0	Sem I	<ul style="list-style-type: none"> <li>• Counselling Process and Skills</li> <li>• Theoretical Approaches to Psychotherapy</li> <li>• Cultural Context of Counselling</li> </ul>	Understanding the Neuroscience of Human Behaviour	-	Research Methodology and Statistics in Psychology	-

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Level	Semester	Major Course titles	Elective Course titles	O J T	RP	FP
6.5		Process and Skills • Theoretical Approaches to Psychotherapy • Cultural Context of Counselling • Advanced Psychometrics and Test Construction	the Neuroscience of Human Behaviour		Methodology and Statistics in Psychology	
	Sem II	• Normal and Abnormal Development in Childhood and Adolescence • Psychotherapeutic Techniques-I • Psychological Assessment in Childhood and Adolescence	Counselling Special Groups in Childhood and Adolescence	-		Fieldwork in Childhood and Adolescence
	Sem III	• Normal and Abnormal Development in Young and Middle Adulthood • Psychotherapeutic Techniques-II • Psychological Assessment in Young and Middle Adulthood	Counselling Special Groups in Young and Middle Adulthood	-	Research Project (Dissertation - Proposal)	Fieldwork in Young and Middle Adulthood
	Sem IV	• Normal and Abnormal Development in Late Adulthood • Psychotherapeutic Techniques-III • Psychological Assessment in Late Adulthood	Counselling Special Groups in Late Adulthood	-	Research Project (Dissertation - Final)	Fieldwork in Late Adulthood

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**Composition of the Board of Studies in Psychology 2023 – 2024**

**Two-Year Postgraduate Programme in Psychology**

Year of Implementation	Semester	Course Code	BOS Date	Academic Council Date
2023-2024	I	PAPSY6001CR1 PAPSY6002CR1 PAPSY6003CR1 PAPSY6004CR1 PAPSY6001RM1 PAPSY6001EL1	7th July 2023	6th October 2023
2023-2024	II	PAPSY6005CR1 PAPSY6006CR1 PAPSY6007CR1 PAPSY6002EL1 PAPSY6001FP1	7th July 2023	6th October 2023

**MA Psychology: Lifespan Counselling Programme Specific Outcomes**

In India, the ratio of mental health practitioners to citizens is poor. In times of a crisis, like the recent pandemic, the importance of filling this gap comes into focus. One of the reasons for this gap is a lack of post-graduate degree programmes that provide rigorous training in counselling and psychotherapy. To contribute to bridging this gap, the Department of Psychology, St. Xavier's College (Autonomous) started a new Master's degree course - M.A. Psychology: Lifespan Counselling in June 2019.

The highlights of the M.A. programme include:

- All the different stages of the lifespan and diverse populations within each stage covered across the four semesters
- Supervised fieldwork over three semesters relevant to the lifespan stage being covered in each semester

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- Mandatory group and individual therapy in Semester I focusing on the personal development of the student
- A syllabus that is weighted heavily on courses related to counselling and therapeutic skills. These courses are highly applied, being taught by practising therapists who are experts in their field
- Guided exposure to the research process culminating in the submission of a dissertation at the end of the course

PSO Sr. No.	Upon completion of the MA Psychology: Lifespan Counselling Programme, the PG student will be a <b>competent mental health practitioner</b> who will be able to
PSO 1	Develop effective skills to practice counselling and psychotherapy
PSO 2	Draw from a strong theoretical foundation when practising psychotherapy
PSO 3	Work with issues of concern associated with all different age groups across the lifespan
PSO 4	Work with diverse types of populations within every age group across the lifespan
PSO 5	Use reliable and valid psychological assessments to enhance therapeutic outcomes
PSO 6	Develop a strong research orientation by which they can both keep up with and contribute to new developments in the field of psychology
PSO 7	Consider biological, psychological, social and cultural factors into account when conceptualising cases for psychotherapy
PSO 8	Understand both normal and abnormal events in the trajectory of the human developmental lifespan and the impact these events have on an individual's mental health
PSO 9	Understand the unique impact of the Indian cultural context, and apply this understanding to make relevant adaptations to increase effectiveness of therapy for Indian clients

